



## Community Update – October 26<sup>th</sup>, 2020

### Emerging Wisely Current State: Relaxing Phase 2 – Next Steps

#### Going Out Safely During COVID-19 - Make Informed Choices to Keep Yourself & Others Safe.

##### Avoid

- closed spaces
- crowded places
- close contact

##### Always

- stay home & away from others if you feel sick
- follow local public health advice
- stick to a small and consistent social circle

##### Assess your risk

Risk levels may vary based on your ability to physically distance, the use of non-medical masks by you and others, and the controls put in place at the establishment or setting to further reduce risk. Some examples of low, medium, high risk are provided below but depend on whether or not proper public health measures are followed. Risk level for exposure is impacted by closed spaces, prolonged exposure time, crowds, forceful exhalation (yelling, singing, coughing).

Low Risk	Medium risk	High risk
<ul style="list-style-type: none"> <li>• Getting mail and packages</li> <li>• Grocery shopping with public health measures</li> <li>• Camping</li> <li>• Driving Car (solo or with household contacts)</li> <li>• Going for a walk</li> <li>• Backyard BBQ with your 'bubble' contacts</li> <li>• Restaurant takeout</li> <li>• Community parks</li> <li>• Running/hiking/biking solo or at a distance from others</li> <li>• Socially distanced picnic</li> <li>• Playing "distanced" sports outside (tennis/golf)</li> </ul>	<ul style="list-style-type: none"> <li>• Hair salon/ barbershop</li> <li>• Medical/health appointments/dentist</li> <li>• Hotel/BnB</li> <li>• Taxi/ride shares</li> <li>• Working in an office</li> <li>• Playing on play structures</li> <li>• School/camp/daycare</li> <li>• Public pools</li> <li>• Weddings and funerals</li> <li>• Visiting elderly or at-risk family/friends in their home</li> </ul>	<ul style="list-style-type: none"> <li>• Bars and nightclubs</li> <li>• Gyms and athletic studios</li> <li>• Hugging, kissing, or shaking hands</li> <li>• Large religious/cultural gatherings</li> <li>• Crowded indoor restaurant/buffet</li> <li>• High contact sports with shared equipment (football/basketball)</li> <li>• Music concerts, or places where people are singing or shouting</li> <li>• Indoor party</li> </ul>

##### Understand risk factors

##### Activities from least risky to most risky

- Home alone or with household contacts
- Outdoors with housemates or social bubble
- Outdoors with physical distancing
- Outdoor/indoor short amount of time
- Indoors large groups long time
- Indoors/outdoors crowded longer time